He Yong Gan Cane Fighting Instructor Course ©

- **System**: He Yong Gan Sutekki Jutsu, Cane Ryu
- **Your Instructor**: Sensei Wesley Broekhuis

THIS PDF ALSO HAS **TIME STAMPS** SO YOU CAN FIND EACH SUBJECT EASIER IN THE VIDEO'S. ON PAGE SIX, SEVEN & EIGHT YOU FIND DIFFERENT HE YONG GAN CANE FIGHTING LOGO'S. YOU ARE ALLOWED TO USE THESE LOGO'S ON YOUR WEBSITE ONLY IF YOU USE THE NAME: **HE YONG GAN CANE FIGHTING**. ***TRAIN HARD, TRAIN SAFE, AND GO FOR YOUR TESTS!***

VIDEO 1: FUNDAMENTALS, ROLLS & FALLS

1. THE STANCES (starts at 2 minutes in the video)

1. Natural Stance, 2. Low Fighting Stance & High Fighting Stance, 3. Defense Stance,
2. Hidden Stance 5. Reach Stance. ***Use the Stances in One Form example at 7:55 minutes***

2. HANDLING EXERCISES (starts at 9:24 in the video)

1. Normal Spin 2. Figure Eight Spin 3. Helicopter Spin 4. The Horn Change
Use the Handling Exercises Combined example at 17:41 minutes

3. COMBAT BASIC EXERCISES (starts at 18:41 in the video)

1. Jab Jab Knee Knee 2. Hook In Front Kick, Side Kick 3. Punch, Hook In, Knee & Strike
4. Figure Eight, Thrust Back, Helicopter Spin to Strike

4. THE ROLLS (starts at 27:58 in the video)

1. Forward Roll, 2. Back Roll, 3. The Side Roll

5. THE FALLS (starts at 31:54 in the video)

1. Forward Fall, 2. Back Fall, 3. The Side Fall

VIDEO 2: 16 ANGLES CONCEPTS, AWARENESS, EVASION

6. THE 16 ANGLES CONCEPTS (at 1:47 in the Video)

I. THE 16 ANGLES OF ATTACK FORM (at 1:47 in the video)

1. The 16 Angles of Attack with the End of the Cane
2. The 16 Angles of Attack with the Horn of the Cane

TEACH THE 16 ANGLES OF ATTACK TO A TRAINING PARTNER, YOU WILL NEED IT!

II. THE 16 BLOCKS FORM (at 11:49 in the video)

1. The 16 Blocks Form (To Block the 16 Angles of Attack)
2. The 16 Blocks Form with Partner

III. THE 16 INSTANT DEFENSES (at 18:17 in the video)

1. The 16 instant Defenses (16 defenses against the 16 Angles of Attack)

7. KEEP DISTANCE & PUSHING AWAY (at 25:09 in the Video)

1. Keep Distance & Pushing Away (Keep Distance from an Attacker)

8. AWARENESS SKILLS (at 26:32 in the Video)

1. Awareness to Fighting Stance (Keep an Attacker away with the Fighting Stance)
2. Awareness to Defense Stance (Keep an Attacker away with the Defense Stance)

9. JUMPING & DUCKING EVASION SKILLS (at 28:51 in the Video)

1. The Jump (for evading low attacks)
2. The Duck to Defense Stance (for evading attacks who are at high level)

VIDEO 3: THROWS, 20 SELFDEFENSE TECHNIQUES, FORM

10. THE THROWS (at 1:51 in the video)

1. Shoulder Throw, 2. The Hip Throw, 3. The Leg Hook Throw

11. TWENTY SELFDEFENSE TECHNIQUES (at 6:14 in the video)

1. Straight Punch Defense, 2. Hook Punch Defense, 3. Front Kick Defense 4. Roundhouse Kick Defense 5. Grab & Punch Defense 6. Double Leg Take Down Defense 7. Gun Threat Front Defense 8. Gun Threat Back Defense 9. Gun Threat Side Defense 10. Knife Stab to Belly Defense 11. Knife Slash to the Throat Defense 12. Knife Stab from Above Defense 13. Fence Push Defense 14. Fence Push & Punch Defense 15. Chair, Straight Punch Defense 16. Chair, Front Kick Defense 17. Chair, Choke Defense 18. Ground, Mount Defense 19. Ground Guard Defense 20. Ground Choke Defense

12. THE TRADITIONAL CANE FIGHTING FORM (at 27:44 in the video)

1. Learn and perform the Traditional Cane Fighting Form

VIDEO 4: QI GONG, BREAKING, FULL CONTACT

13. CANE QI GONG SET (starts at 1:45 minutes in the video)

1. Heaven 2. Side to Side 3. Downward Internal Strike 4. The Wave 5. Up & Drop down

14. SHADOW FIGHTING (starts at 10:49 in the video)

1. Demonstrate Shadow Fighting, Shadow Boxing with the Cane for one minute

15. BREAK TESTS (starts at 13:45 in the video)

1. With a Thrust 2. With Strike from the Side 3. With a Strike coming out of the Forward Spin

16. FULL CONTACT COMBINATIONS (starts at 17:26 in the video)

1. Thrust, Hook & Knee 2. Punch, Strike from Above, Hook & Knee 3. Push, Strike & Sweep

17. PAD TRAINING, FULL CONTACT (starts at 20:50 in the video)

1. Demonstrate a Freestyle Cane Fight against the Pads, at least for 2 minutes

18. FULL CONTACT SPARRING (starts at 22:35 in the video)

1. A Standing Fight for at least 2 minutes (takedowns and groundwork allowed)
2. A pure Ground Fight for at least 2 minutes (stay on the ground)

19. MEDITATION (starts at 29:19 in the video)

1. Demonstrate meditation with the Cane for at least 2 minutes.

Individual Fees

CANE FIGHTING VIDEO 1 $19.95
CANE FIGHTING VIDEO 2 $19.95
CANE FIGHTING VIDEO 3 $19.95
CANE FIGHTING VIDEO 4 $19.95
The Complete Course for $59,95

For questions contact:
Shintai Ryu Martial Arts
srmaa@atlanticbb.net, or
jcoza77@gmail.com , or
jcoz@gmx.com

By Mail:
Shintai Ryu Martial Arts
5870 Frankfort Hwy
Ridgeley WV. 26753
USA

Contact Sensei Wesley Broekhuis:

Phone: +31617234459

E-mail 1: wesleybroekhuis@gmail.com

E-mail 2: pukkie113@live.nl

"The way is in Training"

HE YONG GAN CANE FIGHTING LOGO'S

"You do not need an Expensive Cane, you just need Great Skills!"

Shaolin He Yong Gan Martial Arts

https://www.shaolin-vechtkunst.nl

SHINTAI RYU MARTIAL ARTS

https://www.shintairyu.com

CANE FIGHTING
INSTRUCTOR COURSE
TAKE THE CHALLENGE !
虎勇敢手杖武術
虎勇敢手杖武術
CANE FIGHTING MARTIAL ARTS
WWW.SHINTAIRYU.COM

DISCLAIMER

Martial Arts, like any physical activity, involves risks and any individual's results may vary. You must consult a doctor or medical health professional before starting our martial arts programm. By participating in our He Yong Gan Cane Fighting Course, you acknowledge that you are participating at your own risk and release Shintai Ryu Martial Arts & He Yong Gan Martial Arts School from any and all liabilities arising from your participation. If you feel uncomfortable or unsafe at any time during the course, please stop the activity immediately!

© 2024 He Yong Gan Martial Arts & Shintai Ryu Martial Arts